

ABSTRACT OF THE DISCLOSURE

An orthopaedic injection restrictor apparatus is provided. The apparatus includes a nozzle. The nozzle includes an elongated portion. The apparatus further includes an orthopaedic plug. The orthopaedic plug includes a first portion releasably
5 engaged with the elongated portion of the nozzle and further includes a plurality of flaps extending radially outwardly from its first portion. A method for restricting injection of a substance into a cavity within a bone with a plug is also provided. The method includes the steps of injecting the substance into the cavity and ejecting the plug into the cavity simultaneously with the injecting step.

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